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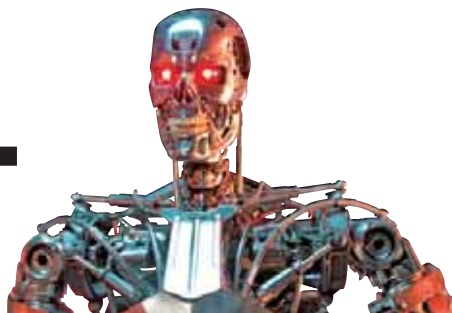
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Your essential daily news | TUESDAY, JUNE 30, 2015

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**“We are
failing. We
are failing
Calgarians”**

**Coun. Brian Pincott on council's
propensity to talk, but not act, on
secondary suites. Story, PAGE 8**



Minimum wage to hit \$11.20

EMPLOYMENT

**Business
groups express
concern about
implications**



**Robson
Fletcher**
Metro | Calgary

Alberta's minimum wage will jump from the lowest in Canada to the second-highest come October, when changes announced Monday by the new NDP government take effect.

Jobs Minister Lori Sigurdson announced the current \$10.20-an-hour minimum wage will rise by a full dollar to \$11.20 an hour, effective Oct. 1.

At that point, no other province except Ontario — where the current standard of \$11 per hour is set to rise to \$11.25 on Oct. 1 — will have a higher minimum wage than Alberta.

“We believe minimum wage should at least allow people to meet their basic needs,” Sigurdson told reporters Monday.

“Paying people a decent minimum wage will translate into a better life for low-income workers and, as a result, a better life for their families and for all Albertans.”

Justin Smith isn't so sure about that, however. The director of policy for the Calgary Chamber said many of its members are concerned about the sudden surge in minimum wage, which may force them into decisions that won't be to everyone's liking.

“A lot of them are quite willing and plan to mitigate against this cost increase in the form of higher costs for consumers or potentially layoffs or a roll-back in hours for their staff,” Smith said.

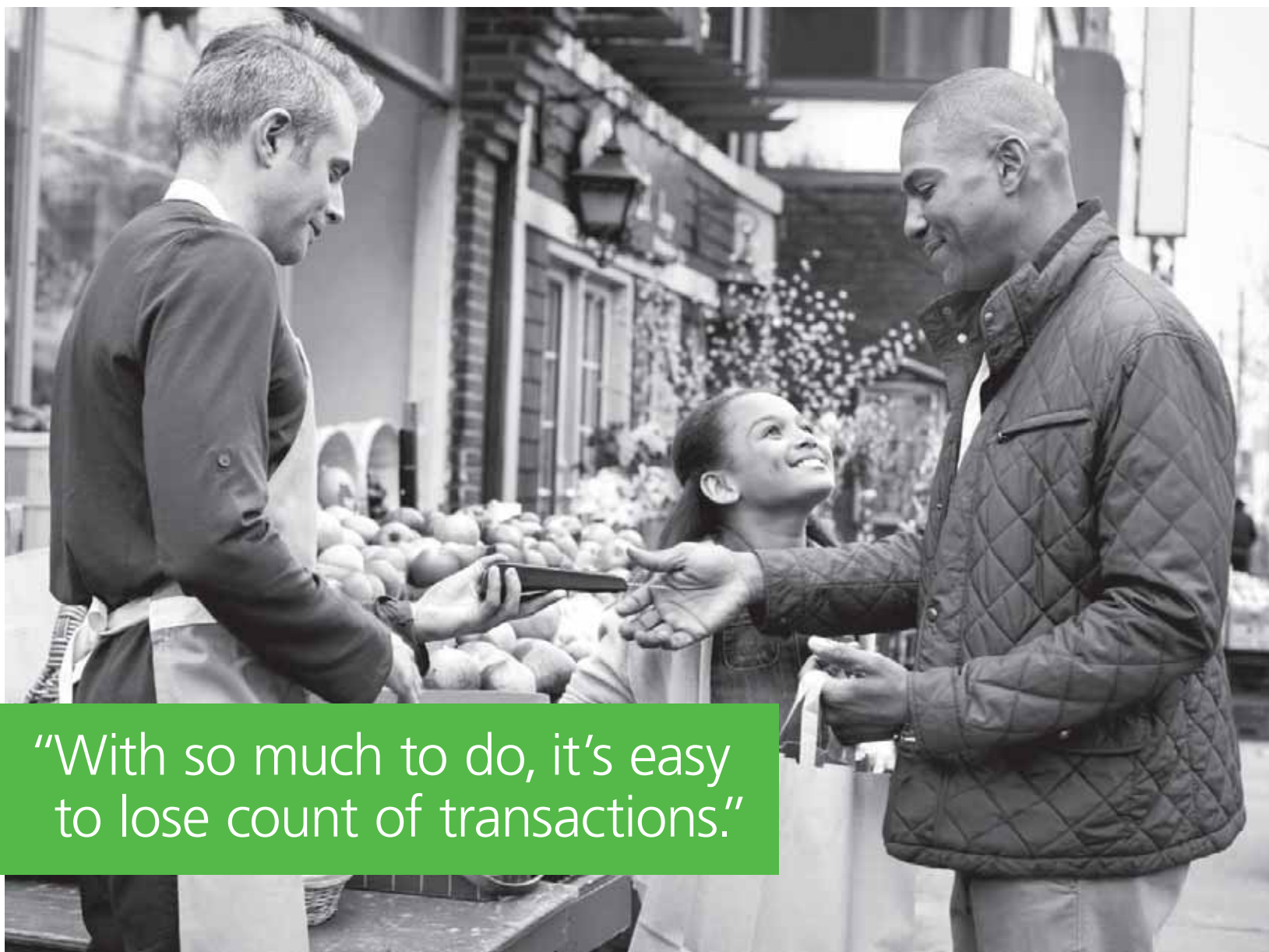
Wildrose Leader Brian Jean said the NDP is ramming ahead with sweeping changes with little thought to the ramifications.

“We need to put on the brakes, listen to chambers, small businesses and job creators to make sure we understand the full impact of this,” Jean said in a release.

WITH FILES FROM THE
CANADIAN PRESS

**KEEPING
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Sigurdson also said the NDP government remains on track to hike the rate to \$15 an hour by 2018, in keeping with its campaign promise in the May 5 election.



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IN BRIEF

Street cleaning parking fines rise from \$50 to \$120

Car parkers beware: Next spring, fines for interfering with the spring street cleaning program will have risen by over half, meaning those who choose to ignore signs could be paying a pretty penny.

Councillors have voted in favour of changing a city bylaw that saw parking fines issued during the spring-cleaning sweep more than double from \$50 to \$120 Monday.

The new fine is meant to cover short-term towing costs, which cost the Calgary Parking Authority \$120,000 in 2014, but wasn't sufficient to cover costs of towing the vehicles.

Last year, 2,423 cars were towed and this year the number has risen slightly to 2,434. HELEN PIKE/METRO

Council moves to install pride rainbow crosswalk

After heated debate, questionable consultation, Calgary councillors have voted in favour of Coun. Sean Chu's motion to paint the town — or crosswalk — in time for the September pride celebration. The motion to install pride flags on 9 Avenue, add a rainbow patterned crosswalk between Olympic Plaza and City Hall as well as annually reassess these types of initiatives was passed with a few tweaks from Coun. Brian Pincott who amended that support of LGBTQ initiatives should not be dependent on "private funding." HELEN PIKE/METRO

E-cig shop owners exempt from bylaw

VAPING

Council will examine if the exemption is a public nuisance



Helen Pike
Metro | Calgary

After huffing and puffing, city council's back and forth ended with three readings of an amended bylaw that makes e-cigarettes prohibited anywhere regular smokes are prohibited — with one exception business owners are applauding.

The first and second readings of the e-cigarette bylaw passed, allowing owners of so-called "vape shops" to allow customers to puff away and test out their products in-store before settling on a purchase.

Jason Kim of United Vape Retailers Association (UVR), and a vape store owner himself, said after all the hard work the newly-formed vape advocacy group is overjoyed the councillors took their plea, and over 200-page binder full of studies and research, seriously.

"It means so much for the vape community, now we have a safe place where we can vape and support each other in our struggles to get off cigarettes," said Kim.



Staff member Michael Parkin puffs a cloud of vapour inside the Vapedepot store.

HELEN PIKE/METRO

Although the bylaw readings were passed, council also approved a notice of motion to study whether or not allowing business owners to be exempt would be a public nuisance.

The results will come back to council in February 2016.

In an unconventional question period with Dr. Brent Friesen, the concern over allowing people under 18 to vape arose as Friesen suggested studies show teens who use vaporizers as a gateway often try cigarettes. In contrast, those who were not exposed



It means so much for the vape community, now we have a safe place where we can vape and support each other in our struggles to get off cigarettes.

Jason Kim, United Vape Retailers Association

to vapour wouldn't.

"That's the concern related to the worry that e-cigarettes may re-normalize tobacco use among youth," Friesen said.

Council took that conversation in camera, but Kim told Metro all the shops in his

group already card youngsters and refuse service to those under the age of 18.

"We already self-regulate for 18-plus," said Kim.

"For my two stores ... we've been carding since we've opened."

PONZI SCHEME

Crown seeks 14 years for two men

Just one victim of what authorities have called the largest Ponzi scheme in Canadian history showed up Monday to speak out against the two men who stole her money and left her feeling "ashamed and embarrassed."

Gary Sorenson and Milowe Brost were found guilty of fraud and theft in February for an elaborate scheme in which investors were promised unrealistic returns. Brost was also found guilty of money laundering.

The court received 600 victim impact statements, but only Carole Knopp showed up to express her feelings at the sentencing hearing for the two men.

"It's all been a very demeaning, humiliating experience," says Knopp, who lives in Endersby, B.C.

"At 69, I face debt for the rest of my life."

More than 2,400 investors from around the world lost between \$100 million to \$400 million in the scheme, and many people lost their life savings.

Ponzi schemes involve taking funds from new investors and using them to pay old ones.

Investors were promised a 34 per cent annual return on an investment of \$99,000, which was supposed to grow to just over \$1 million within eight years.

Crown prosecutor Iwona Kuklicz said both men were "equally culpable" and suggested they each receive the maximum sentence of 14 years.

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Tower placement vexes parents

COMMUNITY

Cellphone pillar has gone up next to daycare

Cellphone towers often run into community opposition when they go up but one installed next to the University of Calgary Child Development Centre elicited especially strong reaction when it all of sudden appeared earlier this month.

Carol Roesler was one of about two dozen worried parents to attend a community consultation Monday night, saying they knew nothing of the Telus-owned tower, which has yet to be powered up, until they spotted it looming over the nearby daycare.

She said her children — aged one, three and five — spend 40 to 50 hours a week at the University Child Care Centre, and she's worried about potential adverse health effects from the tower's low-frequency electromagnetic radiation.

"With all due respect, you do not place a cellphone tower that close to a vulnerable population



The cellphone tower next to the University of Calgary Child Development Centre. The Alberta Children's Hospital can be seen in the background. ROBSON FLETCHER/METRO

at an institution that is aiming to be one of the top five research facilities in Canada," Roesler told university and Telus representatives at the meeting.

"It's bad public relations,"

she added.

"You will have a lot of parents with advanced education pushing back very hard."

Numerous parents voiced similar concerns, both over po-

tential health effects and the lack of prior consultation, but university and Telus officials noted the tower's emission levels are well within Health Canada's "Safety Code 6" limits for elec-

tromagnetic radiation.

The nearest playground is 84 metres away, according to documents presented by Telus at the meeting, putting the exposure level at that point at just over 2.5 per cent of the SC6 limit.

Health Canada notes the limit is also built with a "large safety margin" in mind and even continuous exposure at or below the threshold is considered non-hazardous to all humans, according to the best available research.

"This means that if someone, including a small child, were to be exposed to RF fields from multiple sources for 24 hours a day, 365 days a year, within the Safety Code 6 limits, there would be no adverse health effects," Health Canada states on its website.

Roesler, however, said "it's not very comforting" to hear such assurances from a Telus engineer, who spoke to the crowd Monday night.

"Health Canada does not have

a perfect track record," Roesler said. The tower was installed on or around June 11, said Bart Becker, vice-president of facilities with the University of Calgary, which already has eight towers and four cellphone antennae on campus.

It's not standard practice for the university to hold public consultations prior to installing towers, Becker said, but he added this building is "uniquely different."

A decision has yet to be made whether to power up the tower, he added.

"We're going to look at what we heard here

today and we'll make the decisions about next steps, moving forward, in the next couple of days," he said.

Telus representatives refused to answer questions from Metro at the meeting and referred inquiries to a corporate spokesperson in Vancouver, who didn't immediately respond to a request for comment.

66

With all due respect, you do not place a cellphone tower that close to a vulnerable population ...

Carol Roesler, parent

TRIBUTE

Firefighter dies in canoeing incident



Robson Fletcher
Metro | Calgary

Calgary firefighters and members of city council paid tribute Monday to an off-duty firefighter who died over the weekend in British Columbia.

Ryan Bjolverud died Sunday in a canoeing incident on Columbia Lake, near Fairmont Hot Springs.

Mayor Naheed Nenshi offered his condolences during Monday's council meeting to the firefighter's family and noted Ryan is the son of Calgary assistant deputy fire Chief Glenn Bjolverud.

"Our thoughts are with that family today, that family that has given so much in public service to our community," the mayor said.

Calgary fire Chief Steve Dongworth said it's a tough time for members.

Bjolverud was in his third year with the department and was working in different stations.

Funeral arrangements were being made.

"He was a very proud, enthusiastic firefighter is all I can say today," Dongworth



Ryan Bjolverud.

COURTESY NEWS TALK 770

said Monday.

The Calgary Firefighters Association said via Twitter Sunday night: "It's with heavy hearts we announce the passing of our own. FF Bjolverud passed away this morning in B.C. #RIP Ryan."

— WITH FILES FROM NEWSTALK 770

IN BRIEF

RCMP locate fentanyl and cocaine in vehicle

Airdrie RCMP said charges are pending after large amounts of cocaine, cannabis and fentanyl were found inside a vehicle that attempted to evade police on June 9th.

The vehicle was later located near a residence in the Silver Springs.

Drugs were visible within the vehicle, a search warrant was obtained, a search was conducted, and the vehicle was seized.

METRO

SAIT Dean makes influential people list

Alberta Venture magazine has named Tom Bornhorst, Dean of SAIT Polytechnic's School of Hospitality and Tourism, one of Alberta's 50 Most Influential People for 2015.

Bornhorst's accomplishments as dean include opening the downtown Culinary Campus and collaborating with United Way and Calgary's public and Catholic school divisions to offer the "All In" for Youth initiative.

Venture has featured this list for the past 18 years.

METRO



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Dr. Jon Chan, Dr. Jillian Ratti, Dr. Sarah Bates and Dr. Monica Sargious are just a few of the doctors accepting new patients who can be found on the new website. COURTESY NEIL ZELLER

Looking for a physician?

HEALTH SERVICES

Find a family doctor with interactive new website

Lucie Edwardson
For Metro | Calgary

Calgarians looking for a family physician can now find out which Calgary-area doctors are accepting new patients all in one spot: www.calgaryareadocs.com

The new interactive website, officially launched Monday, developed by seven local Primary Care Networks and doctors alongside Alberta Health Services lets users see which clinics and physicians are accepting new patients, and, with the aid of an interactive map, shows them where the physicians are located in the city.

"We know that when people have regular visits and an ongoing relationship with the same medical practitioner, their overall health outcomes will be very much improved over time," said AHS spokeswoman Julie Kerr.

The website will also list the practitioner's gender and will allow Calgarians to see if they offer services in languages other than English.

Dr. Sarah Bates, one of the many doctors on the website accepting new patients, said that the website simplifies the process for Calgarians looking for a physician.

"It's a lot easier — I've had some experience with some of the resources that were avail-

"We know that when people have regular visits and an ongoing relationship with the same medical practitioner, their overall health outcomes will be very much improved over time."

Julie Kerr

able previously and the problem with those resources is that it was difficult to keep them up to date," she said.

"The coming together of all the seven primary care networks in Calgary allows patients choice as to who they want to see and it's not restricted within primary care network boundaries."

The website offers patients the choice of more than 230 family doctors in the Calgary area and will be updated weekly.

Patients can also fill out an online form and ask a PCN to find them a family doctor.

230

More than 230 doctors can currently be accessed using the new family physician website.

INGLEWOOD

City's Bend in the Bow project taking root

City of Calgary workers are hoping the redevelopment of land in Inglewood will make the virtually unused parcel more vibrant and less susceptible to misuse.

The City of Calgary is in the initial stages of planning a new regional park called the Bend in the Bow that would fall in the Inglewood area. The plan is to redevelop the bird sanctuary and adjacent Inglewood Wildlands to optimize the use for residents.

About three weeks ago, a homeless camp was dismantled in the area, which Jim Klimes, project lead and landscape architect in the parks planning department, said is an issue parks struggle with when secluded land isn't frequented by residents.

"That occurs all throughout our park settings, up and down the Bow River, doesn't matter where you're at," Klimes said. "If the parks are underused or

underutilized, it creates opportunities for people to get in there and use them, obviously that's going to be part of the conversation as well ... what does that mean as part of security and safety."

The city will be consulting the public online and the information will eventually be presented to council, but Klimes added it could be a while before residents see changes.

"There seems to be a push

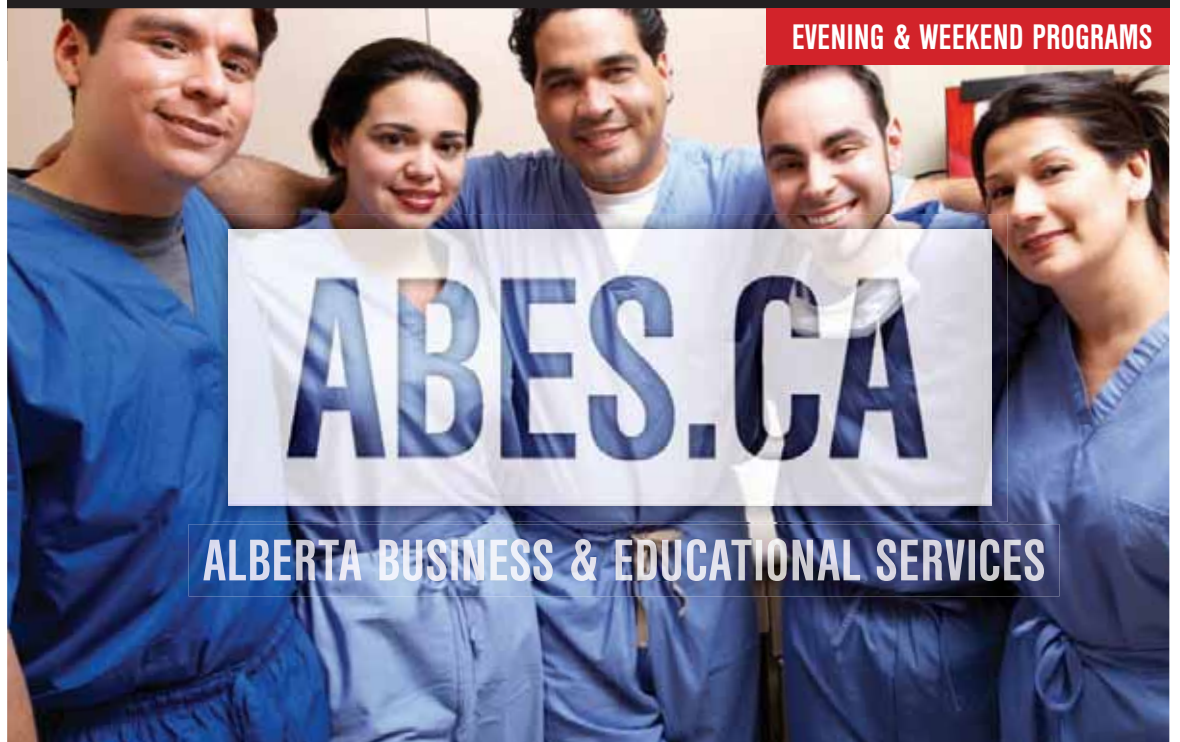
for more off-leash dog areas, but there's also push back, as well," Klimes said. "We're hearing from people they want to ride their bikes, walk their dogs, more passive recreation opportunities, as well as educational."

Bill Bakelaar president of the Inglewood Community Association said there are concerns over conserving the land and making sure the city respects native plants and animals in their plans. HELEN PIKE/METRO

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Kathleen Sawisky holds the open letter about her building's 'mystery pooper' alongside neighbour responses in her condo mailroom. LUCIE EDWARDSON/FOR METRO

Resident raises stink over doggie-doo

CONDO

'Passive-aggressive' letter takes aim at owner

Lucie Edwardson
For Metro | Calgary

After finding doggie-doo in the elevator of her building on more than one occasion, Kathleen Sawisky decided to pen an open letter to the mystery pooper's owner.

The "passive-aggressive" open letter to "the Immoral Goblin Dog Owner," re: "Your dog going #2 in the elevator," clearly stated that Sawisky, who initially

penned the letter anonymously, found this unacceptable.

"You are going to realize that you are living in a multi-family residence with a large group of people who do not want to see your dog's feces hanging around willy-nilly," the letter stated.

Sawisky's letter went on to suggest that if the owner didn't act more responsibly, "we are going to find you and start leaving delightful presents just as you have, perhaps smeared on your front door."

Although she admits her response was a tad inappropriate, she said she was just trying to make a point.

And a few of her neighbours piped up, posting their own notes on, or next to, Sawisky's letter.

One wrote, "I agree 100% but

as a responsible dog owner I cleaned up his/her s---t in the elevator. This isn't the first incident." The writer then goes on to explain they have cleaned up after the pet multiple times in the past.

A second responder stated: "We too cleaned up pee about a month ago..." and ended their response with, "This hobgoblin hasn't learned their lesson! We will find out who you are."

Sawisky said that she's reached out to the condo management company multiple times, but that right now there's no easy way for them to find out who's responsible.

Metro made calls to the condo management company, but no one was available to speak by deadline.

IN BRIEF

Former MLA wants NDP nomination in byelection

A former NDP member of the Alberta legislature wants to jump back into provincial politics.

Bob Hawkesworth says he plans to seek the NDP nomination for the byelection that is to be called in Calgary-Foothills.

Former premier Jim Prentice won the riding in the May 5 provincial election but quickly resigned when the Progressive Conservatives were swept from power.

Hawkesworth served two terms as the member for Calgary-Mountain View before losing the seat in 1993.

He also served on Calgary city council for 23 years. THE CANADIAN PRESS

BYLAW REPORT

Council may ease up on home skate ramps

Helen Pike
Metro | Calgary

Calgary's city council has opted to roll with Coun. Evan Woolley's notice of motion to ease up current rules on private property skate ramps — a 20-year-old bylaw he calls prejudice against the popular sport.

Councillors voted in favour of entertaining a report to possible amendments of a current bylaw that prohibits building backyard skate-ramps on private property.

Woolley's motion was to

concentrate more on families with kids that are "too young" for the city's big ramps, but still councillors were concerned.

"It causes a lot of noise and there's a lot of kids in one area in the backyards," said Coun. Joe Magliocco. "It's a big concern for the community."

Woolley's motion specifies a height restriction and will have administration examine how to cut down on kid noise by engaging both the skateboarders and community groups.

The report will go before council in 2016.

Canada Day 2015

What to do and how to get there

CELEBRATIONS

Traffic is not a good reason to miss a loved one's birthday

Lucie Edwardson
For Metro | Calgary

Canada Day is just around the corner, and Calgarians of all ages are gearing up to celebrate the country's 148th birthday in style.

With events planned across the city, many involving celebratory drinks and high volumes of people, it's important to plan your day accordingly.

In preparation for the festivities, the City of Calgary has added bike racks across the city, including near Eau Claire Market and the East Village Street Fair.

The city has set up a free all-day shuttle-bus service running between Canada Day events downtown, including those at Eau Claire, Olympic Plaza and Fort Calgary, from 11:00 a.m. until midnight. You can also plan your trip using city transit by visiting calgarytransit.com/plan-a-trip.

+ CLOSURES

Multiple road closures will be in effect from early morning July 1 until early morning July 2. For a full list of road closures, visit calgary.ca



A "living flag" demonstration at Calgary's Shaw Millennium Park on Canada Day 2013. METRO FILE

com/plan-a-trip.

The Calgary Parking Authority (CPA) has made street parking and CPA-run parkades (except the Arts Commons) free for Canada Day and is offering reduced holiday rates for CPA surface parking lots.

What is open?

Many great Calgary spots such as the Calgary Zoo and the Devonian Gardens will

remain open on Canada Day. Southland Leisure Centre and Village Square Leisure Centre will remain open, with reduced hours from 11 a.m. until 5 p.m.

What is closed?

A few places won't be open this Wednesday, including city arenas, athletic parks, the Inglewood Bird Sanctuary and City of Calgary fitness and aquatic centres.

Three to see around the city

Now that you know your transportation options, here are few cool events to check out:

1 Food Truck Roundup 11 a.m. - 11 p.m.

Street eats galore will be available for foodies this Canada Day at Festival Market near Eau Claire. There will be music, drinks and most importantly food from across the globe, representing our country's diverse population.

2 Fireworks by Hudson's Bay, Centre Street Bridge, 10:45 p.m.

Hudson's Bay has put together yet another Canada Day fireworks presentation to light up the sky and wow Calgarians. In co-ordination with music broadcast by 101.5 Kool FM and 95.3 The Peak, the fireworks display is sure to entertain Calgarians of all ages.

3 East Village Street Fair 9 a.m. - 4 p.m.

Family-friendly activities will be happening all day down in the city's East Village. With activities for children and performances by local artists, there is something for everyone in the family. You can also check out a live painting presentation with create! in the East Village.

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metro SECONDARY SUITES

Bylaw defeated: Suites to remain prohibited on thousands of lots

Here's how each member of council voted on the bylaw to legalize the separate dwellings in Wards 7, 8, 9 and 11:

NO



Jim Stevenson METRO



Andre Chabot METRO



Sean Chu METRO



Joe Magliocca METRO



Richard Pootmans METRO



Peter Demong METRO



Shane Keating METRO



Ray Jones METRO



Ward Sutherland METRO

YES



Evan Woolley METRO



Druh Farrell METRO



Diane Colley-Urquhart METRO



Gian-Carlo Carra METRO



Naheed Nenshi METRO



Brian Pincott METRO

HOUSING

Licensing at heart of final council vote



Robson Fletcher
Metro | Calgary

Secondary suites will remain prohibited on more than 35,000 residential lots in Calgary after city council defeated a bylaw Monday that would have made the separate dwellings legal by default across a large central swath of the city.

Council voted 9-6 to kill the bylaw, which would have allowed the suites in Wards 7, 8, 9 and 11, on second reading Monday morning.

"I'm done," a clearly frustrated Coun. Shane Keating said, after pushing unsuccessfully for some form of mandatory licensing system for secondary suites.

Keating was among three councillors who tentatively voted in favour of the bylaw on first reading last month but remained concerned about a lack of a formal system to deal with problem landlords and tenants.

The Ward 12 councillor saw mandatory licences as a way to add teeth to the city's enforcement capabilities against property owners whose suites aren't up to standard.

City staff recommended against that option, however, saying in a report it would be costly, cumbersome, ineffective at improving enforcement authority and redundant with the secondary-suite registry —



I certainly don't blame the members of council who switched their vote because what came before them today is not what they thought they had voted for.

Mayor Naheed Nenshi

and accompanying "stamp of approval" for qualifying suites — currently being developed.

Coun. Joe Magliocca, who also voted in favour of the bylaw on first reading, said he was disappointed by how city staff seemingly abandoned the licensing idea, which he thought could work in concert with a registry.

"I wanted to explore more the licensing opportunity, and unfortunately it did not come out of this report," Magliocca said.

Keating, who has in the past been a catalyst for compromise

between the more conservative and progressive members of city council, suggested putting off the bylaw vote until November to give city staff more time to craft a licensing system, but that idea was shot down.

As Keating suggested would happen on Sunday, the decision turned largely on the licensing question.

When it came to the vote on the bylaw itself, debate was short and the proposal was swiftly defeated.

Couns. Evan Woolley, Druh

Farrell, Gian-Carlo Carra, Diane Colley-Urquhart, Brian Pincott and Mayor Naheed Nenshi voted on the losing side.

Coun. Peter Demong, who supported the bylaw on first reading, voted against it Monday.

Afterward, Nenshi described the outcome as the result of "a fumbled ball," noting nine councillors expressed support in May for the bylaw, provided it had a licensing component attached.

"So, I certainly don't blame the members of council who switched their vote because what came before them today is not what they thought they had voted for," Nenshi said. "I think we just didn't have what we expected in this report and I can understand why people would be frustrated by that."

Keating suggested this may kill the idea of broad-scale second-

ary-suite reform until the next municipal election in 2017, but Nenshi wasn't so sure.

"Who knows?" he said. "Never say never."

Greg Miller of Calgary's For Secondary Suites, a citizens group, was disappointed by the decision.

"What this is today is a failure of council to act with courage, knowing what the wishes of Calgarians are," he said, referring to numerous polls taken over the years that show a majority of Calgarians expressing support for more secondary suites in the city.

A vocal minority of influential homeowners who don't want secondary suites in their neighbourhoods continue to hold sway over "certain councillors who are scared," Miller added.

"It's just wrong," he said.

The 'sorry' state of Canadian manners

We're really sorry, but could we beg your pardon? We know you're probably busy, but, honestly, this will only take a couple minutes. We were just hoping — and please forgive us for this — to discuss our nation's collective impulse to apologize.



Thandi Fletcher
Metro | Vancouver

There's a joke that asks: "How do you get 200 Canadians out of a swimming pool?" The answer: "Please get out of the swimming pool."

Canadians are famously polite — so much so that their reflexive use of the word "sorry," even when their behaviour doesn't warrant it, has become as closely identified with this nation as hockey, maple syrup and poutine. Someone bumps into a Canadian on a sidewalk, and no doubt, the Canuck is apologizing for getting in the way.

Canadian actor and comedian Colin Mochrie poked fun at the stereotype in a satirical segment on the show *This Hour Has 22 Minutes*, apologizing to all Americans by saying: "On behalf of all Canadians, I'm sorry that we're constantly apologizing for things in a passive-aggressive way, which is really a thinly veiled criticism."

With little data to support the stereotype, however, is there any truth to the perception of Canadians as a nation of apologetic people — and if so, why are we all such a sorry bunch?

As a Canadian living in California, Stanford University psychologist Karina Schumann said she is often confronted with Americans' perception of the profoundly "polite Canadian."

"Everyone I meet is like, 'Oh, I love Canadians! You guys are so polite. You say sorry all the time,'" she told Metro.

"They seem to notice it, while Canadians might comment on Americans being unapologetic, perhaps."

While she's unaware of any

research to back up the stereotype, Schumann is an expert on apologies. As a doctoral student at the University of Waterloo four years ago, she researched gender differences in apology behaviour.

Through a study that polled subjects on hypothetical offence scenarios, she discovered that, although men and women reported the same proportion of offences, women felt more transgressions were deserving of an apology and would be more likely to say sorry.

In essence, women apologize more than men.

If the Canadian stereotype is true, Schumann said, the behaviour might be based on many of the same reasons that women say sorry more frequently than men.

"It could be that we're focused on being polite, kind of brought up in that type of environment, and it goes along with other polite behaviours," she said. "We're all taught to say sorry from a young age. Our parents teach us when we're babies to say sorry to other kids and to our siblings. It's kind of ingrained in us."

In her gender research, one of the study samples included Americans. Although she didn't compare the sample with her Canadian data, Schumann said the same patterns emerged from both, suggesting that, if there is a difference in apology behaviour between the two nations, "it's probably smaller than everybody believes it to be," she said.

McGill linguistics professor Charles Boberg theorized that Canadians' tendency to apologize too much could perhaps be

traced to their British roots and a required "sense of accepting one's place in the social system and being a 'decent chap' above all things."

"The tendency to apologize

probably fits well with the Canadian self concept because it suggests a polite, decent, self-effacing sort of person, similar to how many

people think of the British or the Danes," he said in an email. "Whereas the Canadian stereotype of Americans is that t h e y

are, by contrast, brash, aggressive and self-important."

Still, Boberg warned against reinforcing national stereotypes that have no research to support them. He said some stereotypes, like Muslims being more prone to terrorism, could be harmful for the way they distort perceptions of entire groups.

Boberg pointed out that it seems many national stereotypes, like Americans being "boorish," Japanese "inscrutable" or Germans "domineering," are often levelled at the world's "most successful" civilizations.

"Is this just a manifestation of the jealousy of second-best cultures toward those who dominate them? Hard to know," he said. "All in all, I think it's hazardous to dabble in national stereotypes, even if the 'victims' of stereotyping are the world's most powerful and successful nations."

But Schumann counters that Canada's reputation for being overly polite isn't necessarily a bad thing.

"People make fun of us I guess for being overly polite," she said. "I think most of the time we make fun of ourselves, but it's better than being made fun of for being rude."

If she had to pick one, Schumann said she'd rather stick to the sorry side.

"I'm proud to be Canadian," she said. "Apologizing is ultimately a positive behaviour that leads to harmonious interactions and all kinds of positive outcomes."

Now, if only we could stop apologizing for being so polite, eh?

Great moments in Canuck remorse

1 1986: MP admits "accidental" eavesdropping

In 1986, Tory MP Erik Nielsen, then deputy prime minister, apologized in Parliament for eavesdropping on Liberal party meetings in 1966. He explained during an interview in 1973 that "there was a method by which we knew every Wednesday what was said in the Liberal caucus, word for bloody word." Apparently, crossed wires in an intercom system had allowed him to listen in.



2 2002: Chrétien government regrets aide's diss against George W. Bush

"What a moron." Those were the words from Jean Chrétien's communications director, Francoise Ducros, that prompted the prime minister to publicly compliment the intelligence of his U.S. counterpart. "He is a friend of mine. He's not a moron at all," Chrétien said. A few months later, Carolyn Parrish, a staunch anti-Iraq war Liberal MP, was forced to say sorry after being overheard calling Americans "bastards" following a press scrum.

3 2012: Maple Leafs say sorry for another dismal season

Another year, another missed playoff run. In April 2012, at the conclusion of a season that saw the dismissal of coach Ron Wilson following a spirit-crushing losing streak, MLSE chairman Larry Tanenbaum published an open letter to fans, apologizing for falling "short of everyone's expectations." It worked (sort of): the Leafs made the post-season the next year but were eliminated by the Boston Bruins in the first round.



4 2013: Rob Ford cops to smoking crack cocaine, expects apology to suffice

"Yes, I have smoked crack cocaine," Ford told reporters in November 2013, six months after denying using drugs. "Am I an addict? No. Have I tried it? Probably in one of my drunken stupors, probably approximately about a year ago. I answered your question. You ask the question properly, I'll answer it. Yes, I've made mistakes. All I can do now is apologize and move on."



The tendency to apologize probably fits well with the Canadian self concept because it suggests a polite, decent, self-effacing sort of person.

Charles Boberg,
linguistics professor,
McGill University



Magnotta joins dating site from behind bars

QUEBEC

Convicted killer seeking 'single white male'

Luka Rocco Magnotta, the convicted killer whose grisly crimes made headlines around the world, is looking for a "prince charming" on a matchmaking website for prisoners.

Magnotta's profile was posted Sunday on Canadian Inmates Connect Inc., a website that tries to hook up lonesome convicts — some behind bars for violent offences like first-degree murder — with potential companions on the outside.

"Seeking single white male, 28-38 years of age, white and in shape," reads a blurb the website's founder says was written by Magnotta himself.

"One who is loyal, preferably educated, financially and emotionally stable for a long term committed relationship. If you think you could be my prince charming, send me a detailed letter with at least 2 photos."

The profile features two photos of the former stripper and prostitute, who was con-



**CANADIAN INMATES
CONNECT INC.**



NAME: LUKA MAGNOTTA

INSTITUTION: ARCHAMBAULT PENITENTIARY

ADDRESS: 242 MONTEE GAGNON
ST-ANNE-DES-PLAINES, QUEBEC
JON 1H0

D.O.B: JULY 24, 1982



CONVICTED OF: NOT STATED

EXPECTED RELEASE DATE: 2037

INTERESTED IN: MEN

Luka Rocco Magnotta has joined Canadian Inmates Connect Inc., a website that tries to hook up lonesome convicts with people on the outside. CANADIAN INMATES CONNECT INC./THE CANADIAN PRESS

victed in December of first-degree murder for the 2012 Montreal killing and dismemberment of university student Jun Lin.

In both images, Magnotta is wearing an unbuttoned white dress shirt.

Magnotta, who's serving a life sentence, lists his expected release date as 2037. He describes himself as a "single

white male, 33, 5'11" and 175 lbs with dark hair and blue eyes."

"Only those I deem compatible will receive a response," he writes on the profile, which also includes his current postal address north of Montreal: Archambault Institution, in Sainte-Anne-des-Plaines, Que.

"Serious inquiries only

please. All unsolicited mail will be discarded."

Melissa Fazzina, who created the site about 4-1/2 years ago, said Magnotta sent the information to her through a contact. The application and \$35 fee arrived via regular mail — convicts don't have Internet access — about 10 days ago.

THE CANADIAN PRESS

BRITISH COLUMBIA

Missing for a week, man surprised by 'all the fuss'

Bob Moynan, father of an Ontario man who emerged from a southern British Columbia forest after being lost for seven days, says his son isn't sure why he's getting so much attention.

North Bay couple Rick Moynan and Lynne Carmody, who are both in their 60s, walked out of the forest virtually unscathed as crews were thinking about ending an extensive search on Sunday.

Bob Moynan said he spoke with his son on the phone hours after he was told that the search might be suspended.

"He says, 'We didn't know what all the fuss was about,'" said Moynan from his home near North Bay.

"I said, 'Well Rick, think about it. You were due back for dinner on Monday night at five o'clock, and you're seven days late.'"

Moynan and Carmody were on a day hike near a lodge where

they were staying in Cathedral Provincial Park when they got lost last Monday.

They managed to survive by staying close to water and building themselves a shelter.

The couple was exhausted and bruised when they left their shelter and stumbled upon rescuers after spotting a helicopter. They were taken to hospital for a precautionary assessment.

Bob Moynan said his son has a fair amount of outdoors experience, and Carmody's now-deceased longtime husband worked in search and rescue.

He said the ordeal was "terrifying" for his family, but he never gave up hope.

"We are people of faith and we were praying a lot," Bob Moynan said. "It's almost a miracle that they could survive seven days and be able to be healthy enough to have been able to walk out. So we're just terribly, terribly grateful that it's over, and we've all learned something."

He said the couple was on their way back on Ontario on Monday.

Frank Caruso, a filmmaker in Toronto, has known Moynan for 45 years and said he can sleep soundly now that his friend is safe. He said he was expecting the worst when a week went by and more than 300 searchers still weren't able to find the couple.

"I kept thinking, how far could he possibly walk?" Caruso said.

THE CANADIAN PRESS



I said, 'Well Rick, think about it. You were due back for dinner on Monday night at five o'clock, and you're seven days late.'

Bob Moynan, father of Rick Moynan

GAZA BLOCKADE

Israeli navy catches Swedish activist ship

Israel's navy intercepted a Swedish vessel attempting to breach a naval blockade of the Gaza Strip early Monday and brought it to an Israeli port, where it said the foreign activists would be questioned before they are sent back to their home countries.

The military said that after exhausting all diplomatic efforts, the government ordered it to block the vessel. Israeli naval forces boarded the Marianne and searched it in international waters without needing to use any force, the military said.

The ship was carrying about 20 activists, including Israeli Arab lawmaker Basel Ghattas and former Tunisian President Moncef Marzouki. Three other ships that were part of the original flotilla reversed course before encountering the Israeli navy.

The Israeli military issued a statement Monday night saying the vessel had arrived at the Ashdod port. "The vessel and crew members are now being transferred to the appropriate

authorities for immigration and deportation processing," it said.

Interior Ministry spokeswoman Sabine Haddad said it could take a few days to deport them, depending on available flights.

The Freedom Flotilla group posted a photo on Twitter apparently showing a group of its activists on a ship.

Petros Stergiou, a member of flotilla's media team in Athens, said the group would continue its acts of protest until the blockade of Gaza was lifted.

"Once again, the Israeli state commits an act of state piracy in the Mediterranean Sea," he said. "The government continues this policy of non-tolerance, which means that it will continue to enforce the collective punishment against the 1.8 million people in Gaza."

Israel has maintained a blockade of Gaza since Hamas militants took power in 2007, following its electoral victory in 2006.

THE ASSOCIATED PRESS

IN BRIEF

Mob kills school director after bodies found

Police are investigating the mob killing of a school director in northern India after two of the school's students were discovered dead, officials said Monday.

The mob attacked the boarding school's director on Sunday after the bodies of two boys aged 10 and 11 were found in a nearby pond, Nalanda district police Superintendent Siddhartha Kumar Jain said.

The students had disappeared a day earlier from the school grounds, and villagers accused school staff of killing them and dumping them in the pond. Autopsies later showed the boys had drowned.

Local TV stations broadcast video of the man being beaten with sticks and writhing on the ground as other people watched and stomped on his chest, stomach and limbs. He died of his injuries Sunday night.

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SPAIN AND PORTUGAL

Health alerts, forest fire warnings issued in heat wave

Spain and Portugal both issued weather alerts Monday, advising residents to take extra care as temperatures soared above 40 C in some southern areas.

The Iberian Peninsula was sweltering in a heat wave brought on by a mass of hot air flowing north from Africa to Europe in recent days, though recorded temperatures fell shy of the day's forecast of a maximum 44 C.

With the temperature in Cordoba hitting 41 degrees Celsius, Spanish authorities placed the southern city on alert due to "extreme risks" from the heat. People across the southern half of Spain flocked to beaches, swimming pools and fountains.

In Portugal, a high of 37 C was recorded in the eastern city of Beja, while the capital, Lisbon, sweltered in 35 C heat. Portugal's General Directorate for Health recommended staying out of the sun between 11 a.m. and 5 p.m.



Children play as they cool down in a fountain beside the Manzanares river in Madrid, Spain, Monday.

ANDRES KUDACKI/THE ASSOCIATED PRESS

Iberia is forecast to start cooling down on Tuesday when the heat wave is due to move into northern Europe, including the United Kingdom.

Portuguese authorities also warned of a high risk of forest fires in wooded areas of central and northern Portugal.

Official statistics show that after an uncommonly dry winter and spring, almost 54 per cent of the Portuguese mainland was enduring extreme or severe drought at the end of May. With little rainfall in June, that percentage is expected to rise.

THE ASSOCIATED PRESS



A supporter of the "no" vote in Greece's upcoming referendum holds an old drachma bank note during a rally Monday in Thessaloniki, Greece. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

Pensioners gather at Greek banks

ECONOMY

Today is the deadline for nation to repay \$1.8B

Anxious pensioners swarmed closed bank branches Monday, and long lines snaked outside ATMs as Greeks endured the first day of serious controls on their daily economic lives ahead of Sunday's referendum that could determine whether the country has to ditch the euro currency and return to the drachma.

As strict capital controls took root following Prime Minister Alexis Tsipras' surprise weekend decision to call a referendum on international creditors' latest economic proposals, Greece's population tried to fathom the sheer scale of the impact on their day-to-day existence.

Following a breakdown in talks between Greece and its creditors, the country is in the midst of one of the most acute financial crises seen anywhere in the world in years. It's running out of time to get the money it needs to stave off bankruptcy.

That has stoked fears of a crippling bank run, a messy Greek debt default and an exit from the euro. As a result, the country's

government imposed strict capital controls, none more onerous than a daily allowance of 60 euros (\$67 US) from the ATM.

The sense of unease was palpable among the crowds of pensioners who lined up outside bank branches, hoping they might open. Many elderly Greeks don't have ATM cards and make cash withdrawals in person — and so found themselves completely cut off from their money.

"I came here at 4 a.m. because I have to get my pension," said Anastasios Gevelidis, 74, one of about 100 retirees waiting outside the main branch of the National Bank of Greece in the country's second-largest city of Thessaloniki.

"I don't have a card. I don't know what's going on. We don't even have enough money to buy bread," he said.

The capital controls come ahead of a big \$1.8-billion US payment Greece has to make to the International Monetary Fund (IMF). It's unlikely to be able to pay that without financial assistance.

Greece's bailout program with its European creditors officially expires Tuesday, meaning the country will not have access to any of the \$8.1-billion US still available if it doesn't secure a deal. THE ASSOCIATED PRESS

TECHNOLOGY

High price of first cellphones in Canada 'worth it,' says man

Victor Surerus says the \$2,700 he paid for his first cellphone 30 years ago was worth every penny.

It was July 1985 and Surerus said he needed the phone to help run his business as a travelling funeral director.

He said his contract with Bell made him the first cellphone customer in Canada, and that honour didn't come cheap. In those early years, his annual bills

amounted to roughly \$10,000.

"The price was high to pay for it, but it was worth it," he said from his home in Roseneath, Ont.

Francis Fox, then the federal minister of communication, and his team awarded the rights to the first private cellphone network to an upstart that later became one of the dominant players in the wireless sector: Rogers.

Rogers Wireless executive vice-president Raj Doshi joined the company in 1989, when it was still Cintel AT&T and mobile telephones were still a luxury item.

The high price of cellphones eventually fell as technology advanced. Networks matured and new competitors entered the market, while others were snapped up by the big three incumbents. THE CANADIAN PRESS

market minute



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TSX
14,490.15 (-317.94)

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GOLD
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NATURAL GAS: \$2.805 US (+3.2¢)
DOW JONES: 17,596.35 (-350.33)

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the big number

48%

IS THE PORTION OF CANADIANS who correctly answered that 1965 was the year the country adopted its current flag. Ancestry.ca gave 1,000 Canadians a multiple-choice quiz with questions like "Who was Canada's first prime minister?" (75 per cent guessed Sir John A. Macdonald), and "What was the official flag prior to the Red Maple Leaf?" (64 per cent knew it was, de facto, the Union Jack). Though all but three per cent could identify a picture of Terry Fox, a third couldn't name the year of Confederation (1867), and only about half knew the four original provinces (Nova Scotia, New Brunswick, Ontario and Quebec), lending credence to the oft-repeated complaint that Canadians are ignorant of their own history and symbols. SOURCE: ANCESTRY.CA

Sled Island fest showed how useful cycling is

YOUR RIDE

Robson Fletcher



If you were lucky enough to be at Sled Island last week, you had to be struck by two things (other than the music). One, the weather was absolutely, perfectly, almost unbelievably gorgeous this year. Two, Good God-speed, were there ever a lot of bikes around!

Organizers of the summer music and arts festival have historically encouraged guests to arrive by bicycle and made sure to provide extra bike parking with temporary racks outside many of the venues.

But even then, finding a spot to lock up your ride outside some of the more popular shows this year was an

exercise in careful searching — or creative chaining.

Riding to and from the venues, mostly via the new cycle track network, it also seemed the number of people using the separated lanes was exceptionally high.

Of course, my observation and anecdotal evidence is hardly proof. So I went searching for harder data and, sure enough, the numbers bear my theory out.

On Thursday, a total of 2,214 bike trips were recorded by the city's automated counter on the 5 Street SW cycle track at the CP Rail underpass.

That's the most ever recorded, to date, on a single day at that location, and up 71 per cent from the week before.

On Friday, it was a similar story: 2,187 trips, up 65 per cent from the week prior.

Saturday saw 1,459 trips, up 91 per cent.

The 12 Avenue cycle track, meanwhile, has been open longer and allows for slightly more comparative data. Bike trips there were up an average of 49 per cent on the Thursday, Friday, and Saturday of Sled Island, compared to the average volumes over the previous three weeks.

Here we had a popular festival that encourages cycling and is aimed largely at the age demographic most likely to ride bikes and spend time downtown and in the Beltline. Couple that with the gorgeous summer weather and you've got about as favourable of conditions one can imagine for cycling.

Tom Thivener, the city's cycling co-ordinator, believes it's not a one-off occurrence.

He also believes the people who rode to Sled

Island will see biking as a more viable option in their day-to-day lives.

"People working in office towers often need to get two to three kilometres in a short amount of time, and the bicycle is definitely one of the quickest ways to get around like that," he said. "I think as that community figures it out, we'll definitely see ridership rates continue to rise."

Whether the numbers bear that theory out, too, remains to be seen. But Calgarians will all be able to see, for themselves, shortly. Daily bike-count data from each leg of the cycle-track network will go live online in early July.

Robson Fletcher covers municipal affairs for Metro Calgary and regularly drives, bikes, and walks in the city.

ROSEMARY WESTWOOD

metroview

An American's introduction to a Canadian classic

"I want to see a moose."

That became the running joke from the moment C.

— my American boyfriend — arrived for a visit last month. It was his answer to anyone who asked what he wanted to do in Canada, punctuated with a mischievous glance at me.

It was funny, sure, but I also took it as a bit of a slight. I wondered if, at some level, he really did think seeing a moose (or jumping onto one, as one drunken idiot recently did) was an important Canadian experience. The wilderness equivalent of poutine (also on his list). "Oh, ya. For sure, eh?" became a regular refrain in our apartment, and I worried about what he really thought of Canada.

So, I tried to educate a man who'd, in his defence, had little reason to think of us. You know, dental isn't covered by health care, I informed him. We talked about the residential school history. With an election brewing, politics popped up.

But, talking to an American about politics is like talking to a Canadian about winters. Naturally, we turned to American politics, and I had the odd meta experience of being a Canadian watching an American talk about Hillary Clinton (takeaway: Who the hell are we to judge her?).

Now that C.'s time in Can-

ada is winding down, I asked what he made of Canadians. He paused.

"Everybody's into being fit," he offered. "Big into manners — but kind of stiff. (They) like to drink. Big into doing the right thing, it seems."

"Like Americans, if they sobered up and levelled out. The cousin you'd call to come pick you up if you were wasted."

Doesn't sound so bad to me. Being known for wildlife, winters, and niceness only seems irritating out of context. Compare that to being known for a possible run on the banks (the Greeks), a civil war (the Syrians), a national arrogance (the French, right-ly or wrongly) or a repressive Communist government (the Chinese).

Plus, it's not actually hard to see a moose. All it takes is a short drive to the Toronto Zoo, where, in what's called the Canadian Domain, there are lynx, grizzly bears — and in the furthest possible pen, two moose.

They were laying down as far away from C. and me as possible, and didn't even have antlers. Of the two of us, I was clearly the more disappointed.

I sighed. "So, do you understand Canadians better?"

"Oh, ya. That pretty much clears it up for me," he said in a deadpan tone. "Saw a moose."

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PHILOSOPHER CAT
by Jason Logan

WE ARE
NOT HYPOCRITES
IN OUR SLEEP.



RECIPE

Bake Anne's basic loaf

Ingredients

- 1 tsp sugar
- 1 Tbsp traditional yeast
- 1 Tbsp salt
- 4 cups + 1/4 cup (for yeast activation) warm water
- 9 cups all-purpose flour
- 1 egg (for glazing)

Yield: Makes 3 loaves

Directions

1. In a small bowl, combine the yeast, sugar and 1/4 cup of warm water. Stir just to combine and allow to stand for 10 minutes until it has activated. You'll know the yeast is ready when little islands of foam form on top of the mixture. In the meantime, put the salt (and, if you're using it, dough enhancer) into a large bowl. Pour in the remaining 4 cups of warm water and stir to combine.
2. When the yeast mixture has activated, stir it into the large bowl of water and salt. Slowly add 6 cups of the flour, working it into the liquid mixture until you have a sticky dough. Once everything has come together, pour the dough onto a lightly floured work surface and knead in the remaining 3 cups of flour. When the flour is completely incorporated, knead the dough for about 8 minutes until it becomes elastic and smooth. If the dough is wet after kneading it for a few minutes, lightly work in a little more flour. When the dough no longer sticks to your hands, place it in a large, lightly-oiled bowl, cover it with plastic wrap or a clean tea towel and let it rise in a warm, draft-free space for 1 1/2 to 2 hours, or until it has at least doubled in size. It should not spring back when poked.
3. Gently punch down the dough and divide into 3 equal pieces. Roll each piece into a rectangle approximately the size of your bread pan. Tuck excess underneath to form a parcel.
4. Place each parcel of dough into a lightly buttered loaf pan, seam down. In a small bowl, whisk the egg and gently brush it over each loaf. Cover the loaves with plastic wrap or a clean tea towel and let them rise for 45 minutes to 1 hour, until the dough reaches about 1 1/2 inches from the top of the pan, and the corners have filled in. Preheat your oven to 375°F.
5. Bake for 30-35 minutes, until the tops of the bread are brown. Remove from pans immediately and allow to cool on a wire rack. Bread will keep on the counter in a bread bag or box for 5 days. Freeze additional loaves.

Ann Kerekes



The NFB film titled *Bread* follows six women whose spirits rise alongside their homemade dough, as they share recipes and stories. ALL PHOTOS: CONTRIBUTED

Bread breaks barriers

DOCUMENTARY

Film shows how different cultures bond over baking

Megan Haynes
For Metro

Bread (or naan, or bannock) is one of those rare foods that's shared by most cultures, says Mariette Sluyter. That realization came as she was working with a non-profit organization in Calgary trying to reduce social isolation among seniors.

A truism of society has always been that cultural groups tend to stick together, and as seniors age, those groups dwindle, she says. To expose older folks to new people, she wanted a way to bring different cultures together.

"So we got a group of ladies together who were from diverse backgrounds ... and we asked them to bake some bread," she says.

Sluyter and the National Film Board have turned that process into a new interactive documentary launching on Canada Day. Titled *Bread*, the doc follows the lives of six women as they make their favourite recipe, with DIY instructions for those who want to try their hand at making some homemade dough. It's a bid to

break down generational and cultural barriers, says Sluyter, the creator and writer of the film.

"It's this active thing you do with your hands, and it takes time (to wait for the yeast to rise and to bake it)," says Sluyter. "The waiting time was the magic time when ladies would share stories."

Sluyter recalls one situation where two participants learned they lived near each other growing up. "Carrie (Sheen) — who is Cree — explained how at the time it was illegal to farm on the reserve," Sluyter says. "Vera (Kalmakoff, who lived nearby) had always believed the racist stereotypes that it was sheer laziness that they didn't farm. There was a breaking down of barriers — a moment when you could see Vera shift (her opinion) and you could see Carrie recoup some of the dignity that had been lost due to systemic racism."

In 2011, Sluyter approached Teri Snelgrove, associate producer with the NFB, with an idea to document that "magic time." Before long, microphones and cameras were out in full force.



To this day, if I smell bread, I'm connected with my past in a really strong way

Teri Snelgrove, associate producer with the NFB



Mariette Sluyter, creator of *Bread*

Bread, Sluyter says, is a metaphor for humanity: The same ingredients go in (wheat, yeast and water), but something different tends to come out depending on where you were raised.

There are a number of other foods that many cultures share, says Sluyter. "But bread has a visceral response for us as human beings."

Bread elicits nostalgia, adds Snelgrove. "I remember that feeling of being a little kid — the smell, my nanny sawing off a huge slice and slathering it with margarine and black sap molasses," she says. "To this day, if I smell bread, I'm connected with my past in a really strong way."

While the smell of bread may bring back memories of grandmothers or mothers kneading bread, Sluyter hopes

her new film will encourage a younger audience to make their own memories.

"I must have been 11 years old when I started (baking) bread with my mother," says Anne Kerekes, now 89, who was featured in the film. "It's always better than the bread you buy — crisper crust, tastier, and it doesn't cost as much as buying it."

The Calgarian — by way of Hungary — taught her granddaughter Natalie Mures, 42, how to raise a loaf as well. "I don't have a memory that doesn't include being in the kitchen with my grandmother," Mures says. "It's part of my heritage."

But not all kids today have that same experience. "We took the ladies (featured in *Bread*) into some elementary school and in some classrooms, heart-breaking, at least 50 per cent of the kids had never had homemade bread," she says. "We've become so reliant on the industrialized food systems, we can't even make something that's so central to (so many) cultures."

But, Sluyter says there's hope. While many of the ladies bemoaned that their own children or grandchildren didn't always have an interest in baking, the online space has opened up a new world of possibilities. "There are kids and younger generations that want to hear (how to make bread)," she says. "So what these women have done is step into this version of being a digital elder. (The) elderly have knowledge to impart, and we risk losing our own culture if we don't partake in that knowledge."

URBAN ETIQUETTE ELLEN VANSTONE

Dear Ellen,
I feel I need advice on everything. I'm only 23 years old but it seems like I'm running too slow towards my future and not being very successful. I had my future planned out but it all completely changed 6 months ago, I just want to have fun while living life but in my opinion everyone has the same goal. To have a nice paying job, a house, a car, a family. But what's really out there to do in life? Any advice?
— D.D.

Dear D.D.,

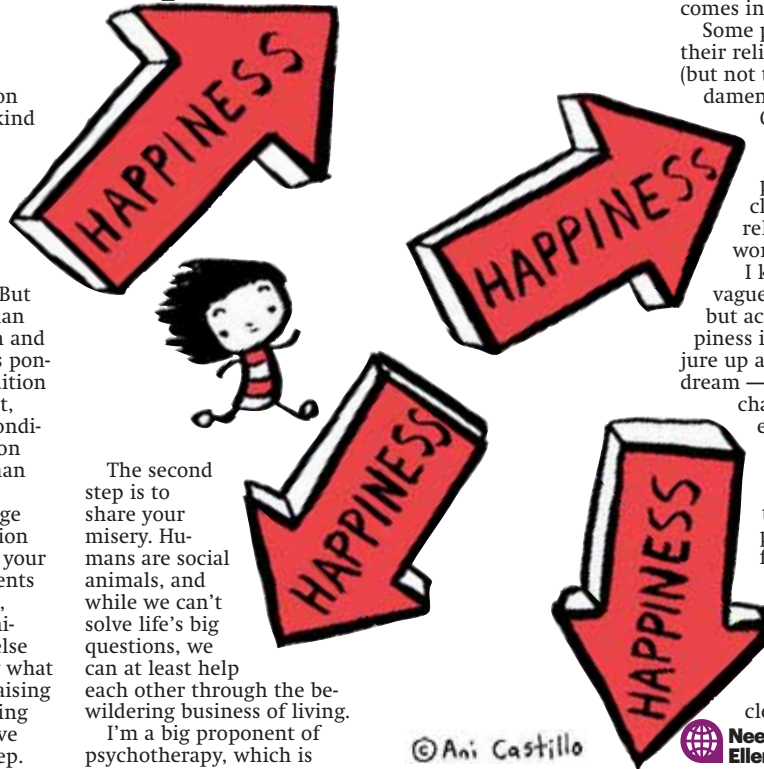
The question What is life beyond the pursuit of goals?

You're asking a question that has plagued mankind for millennia — I say MAN-kind because the discussion has mostly been dominated by male philosophers, possibly because the women were too busy doing the housework. But believe me, every human being with half a brain and a moment to spare has pondered the human condition — only to discover that, unlike other human conditions such as indigestion and dandruff, the human condition has no cure.

The trick is to manage the symptoms. Confusion about what to do with your life, uncontrollable events messing up your plans, feeling alone in the universe while everyone else seems to know exactly what they're doing — just raising the questions and talking about them, as you have done, is a good first step.

The second step is to share your misery. Humans are social animals, and while we can't solve life's big questions, we can at least help each other through the bewildering business of living.

I'm a big proponent of psychotherapy, which is



basically just learning to listen to your true self, and become a more self-aware human being. But keep in mind that “psychotherapy” comes in many forms.

Some people find it via their religious communities (but not the fanatical fundamentalist kind, please).

Others learn and grow by talking and (just as important) listening to close friends, trusted relatives and solid workmates.

I know this sounds vague and frustrating, but actively seeking happiness is like trying to conjure up a half-remembered dream — the more you chase it, the faster it evaporates.

Direct your energies to what you can do: tidy up, do the dishes, keep putting one foot in front of the other, and trust that life is worth living, one day at a time.

If nothing else, you'll have a clean house.

Need advice? Email Ellen at scene@metronews.ca

IN BRIEF**Dogs being trained to hunt truffles**

The growing appetite for truffles is feeding demand for dogs trained to sniff out the pungent fungus, prized by chefs and foodies.

As more landowners plant orchards in hopes of harvesting truffles, more dogs are being trained to detect the earthy delicacies, which take several years to ripen on tree roots underground.

“There is huge demand for truffle dogs right now,” said Alana McGee, co-founder of the Truffle Dog Company, which helps orchard owners search for truffles and trains dogs how to find them. Lolo is an Italian breed commonly used to hunt truffles, but McGee said any dog can be trained.

In Europe, truffle hunters traditionally used pigs, but in recent years the job has gone to the dogs.

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Cookbook espouses a plant-based diet

FARM TO TABLE

Seasonal recipes keep you eating fresh all year

Sarah Britton's food transformation started when she ate a tomato picked from a vine that was packed with more flavour than anything she'd ever tasted.

She chronicles that discovery and subsequent journey to a plant-based diet in her new book *My New Roots* (Appetite by Random House).

"Eating healthily doesn't have to be boring or associated with sacrifice," she said. "One of the most amazing things I've learned is that when you eat this way you don't have to count calories. You don't have to worry about fat grams."

Now 32, Britton says she was overweight when she was younger and often berated herself for



Eating healthily doesn't have to be boring or associated with sacrifice.

Sarah Britton



her food choices.

"This has just liberated me so much from that and my body has completely come into the shape that it should be in just naturally ... I spent so much energy feeling really bad about what I was eating. Now I feel so free from that because I can eat whatever I want whenever I want," said the Copenhagen-based author during a return visit to Canada to promote her book.

"Every single calorie is really good for me and I don't have to worry about it anymore."

"Food is supposed to be a joy and a pleasure, and if we can free ourselves from the shackles of all this negativity that's around

food, wouldn't that be nice?"

Growing up in Toronto, Britton ate processed, packaged and sugary foods — "my parents didn't love cooking." After graduating from design school in Montreal, an interest in the environment inspired her to attend a five-week workshop on organic farming in Arizona. The five weeks turned into a year.

"I've never experienced such a profound transformation in my life. I completely changed. My energy level skyrocketed, my skin cleared up, I slept better, I had tons more energy. I could just think clearer. I literally say I woke up for the first time in my life because I realized I'd been living in a mental fog for

23 years and I thought that was just what people felt like.

"When I finally started eating properly I could not believe the difference it made."

Back in Toronto, she studied at the Institute of Holistic Nutrition and became a Certified Nutritional Practitioner.

The farming stint taught her the importance of growing food organically. The course taught her what food did in the body.

When she moved to Copenhagen to be with her Danish husband — they met on a street corner in New York when he asked her for directions — she discovered she couldn't legally practise holistic nutrition.

So she started her *My New Roots* blog in October 2007 to share her thoughts about plant-based eating along with the results of her culinary experiments. Her debut book, which ranges from simple recipes to long-term food projects, stemmed from that.

THE CANADIAN PRESS



Grilled zucchini and green onions with baby spinach and hazelnuts — one of recipes in *My New Roots*. LAURA SNIDERMAN/ THE CANADIAN PRESS



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The queen of Magic Mike XXL

JADA PINKETT SMITH

Actress injects some female dominance into male-stripper franchise



Ned Ehrbar
Metro|Life

Stepping into the scene-stealing shoes of Matthew McConaughey is certainly a daunting task, but Jada Pinkett Smith was up to the challenge. In fact, she walks into Magic Mike XXL and walks right away with the movie. Or struts away with it, rather.

"Nobody can replace Matthew, let's just be real on that. I surely know I can't, with his fine self," Pinkett Smith says.

"But I actually didn't feel the pressure being a woman. If a man had actually played that role, that's a hard act to follow. But because I'm a woman, I knew right away that the audience's minds would have to shift, because there's just no

comparison."

For the followup to Channing Tatum's partially autobiographical stripper film, McConaughey's Dallas has abandoned the boys. In desperate need of a new emcee, they turn to Pinkett Smith's Rome, who runs a private adult entertainment club catering to an exclusively female clientele.

“

What I brought to the table was the idea of stripping away degradation and really adding a celebratory factor in this act of exaltation.

Jada Pinkett Smith

"The role was at first written for a guy," Pinkett Smith reveals.

"I was like, 'Channing, why me?' And his whole thing was like, 'Jada, I really feel like in this arena there's a sense of responsibility that we can inject in



Jada Pinkett Smith as Rome and Channing Tatum as Mike in Magic Mike XXL opening July 1.

this idea.' I just really connected to how I wanted women to feel about themselves watching this movie, and adding the energy

of exaltation, celebration and inspiration."

Pinkett Smith found a willing and gracious collaborator

in Tatum, who also served as a producer.

"With Channing, when he wanted to bring me on board,

I can almost assure you there were people in the studio and people around that were like, 'Really?' But Channing had a vision," she says.

"He has a really high regard for the feminine, and he really felt like through dance he understood that this brought women joy. In the first movie he really explored what isn't so great about the industry itself, so in this movie he had more licence to have more fun."

In discussing Magic Mike XXL, Pinkett Smith takes on a tone of almost religious reverence, which may seem surprising given the subject matter, but she's very serious.

"Rome looks at it as a religion and feels like women can really, truly find themselves through that," she says.

"What I brought to the table was the idea of stripping away degradation and really adding a celebratory factor in this act of exaltation. It should never be demeaning and it should never be about dominance. And so that was really what was important to bring energetically, to kind of elevate the idea of adult entertainment."

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Jai welcomes our robot overlords

TERMINATOR GENISYS

Actor is totally down with A.I. — and with nude scenes



Ned Ehrbar
Metro|Life

With Terminator Genisys, Jai Courtney steps into a franchise universe full of humans hopping through time to avert the rise of Skynet, artificial intelligence that goes online and promptly tries to destroy humanity. But is A.I. really going to be such a bad thing?

Most pop culture depictions of the singularity assume that it's going to be bad. What if things actually work out? Well, I'm sure there will be a grace period where it is great. I don't know, I don't get too existential ... But yeah, man, I welcome artificial intelligence.

Hey dude, if I could talk to a guy in this room that was made completely artificially and he had a thinking brain, I'd want to have that conversation.

If there were to be a robot apocalypse, how do you think you would fare? I reckon I'd be good for a bit, and then when times got really tough I'd probably be f—ed. I'm an actor first and foremost. I could probably fool my way through a little bit of survival, but when boys have to become men I think someone would get the better of me.

Doing a movie with this much time travel and jumping around, how do you wrap your head around it? Did they give you a map? They didn't give us a map. That would've been very helpful. You ask the smart people around you that wrote the thing and are driving it creatively what the hell's going on.

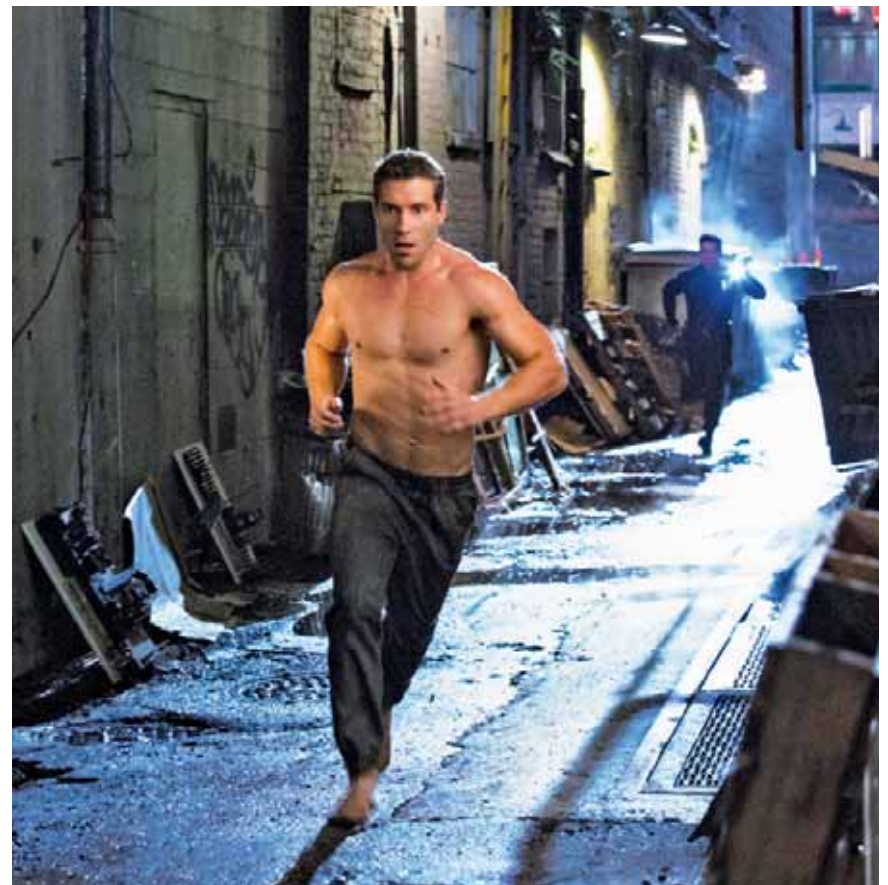


I don't know that we're going to have a robot apocalypse, but I do like the fact that the threat is closer now.

Jai Courtney

Terminator movies of course involve time travelling while naked, and your character gets to do it in front of a room full of people. Were you worried about that part of the job?

They're the least things you worry about when something like this comes along. I wasn't worried at all. You know it's going to be a bit of a challenge and that's fine, and there's going to be some sensitivity around it. But it wasn't the first time. I hope I don't have to keep this trend, but my very first job, I had my clothes off.

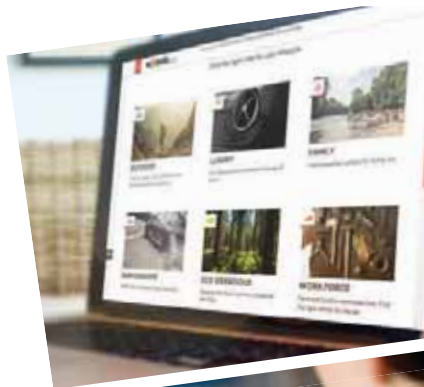


Jai Courtney plays Kyle Reese and Byung-hun Lee plays T-1000 in Terminator Genisys, opening July 1. MELINDA SUE GORDON

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Canada's Sports Hall of Fame hosted its annual charity golf tournament on June 18, 2015 at the Hamptons Golf Club. Calgary businesses, individuals and sport elite gathered to play golf with several of Canada's greatest sport heroes including Danielle Goyette, Craig Forrest, Kerrin Lee-Gartner, Lui Passaglia and Serge Savard. The tournament supports Canada's Sports Hall of Fame's youth education programs. These programs aim to share the stories of the inducted sport legends to inspire young Canadians to set goals, dream big and be the best that they can be in all aspects of life.

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IN BRIEF

Pronger elected to HHOF's class of 2015

Nicklas Lidstrom, Chris Pronger, Sergei Fedorov, Phil Housley, Angela Ruggerio, Bill Hay and Peter Karmanos Jr. were named as the Hockey Hall of Fame's class of 2015.

Pronger was elected in unprecedented fashion because he's still under contract in the NHL.

Pronger, who was traded from the Philadelphia Flyers to Arizona Coyotes on Saturday, has not played since November 2011 because of post-concussion syndrome and is working for the league.

The fearsome defenceman was made eligible by a bylaw that specifies a player's final game must be three full seasons ago.

THE CANADIAN PRESS

Sam returns to Als, says personal issues behind him

Michael Sam says the personal issues he had are behind him and he is ready to earn his place on the Montreal Alouettes.

Sam, the most prominent active football player to declare publicly that he is gay, had his first on-field practice with the Canadian Football League club Monday since his surprise departure two weeks into training camp.

He said at the time he had personal things to deal with. His suspension by the team was a technicality and the door was left open for him to return when he felt ready. THE CANADIAN PRESS

Just call him Mr. Plan B



Roughriders quarterback Kevin Glenn throws a pass against the Blue Bombers in Regina on Saturday. RICK ELVIN/THE CANADIAN PRESS

CFL

Riders' Glenn again promoted to take place of hurt incumbent

Once again, Kevin Glenn has emerged as a valuable insurance policy.

The veteran backup becomes the Saskatchewan Roughriders' starter after incumbent Darian Durant suffered a season-ending torn Achilles tendon in a 30-26 home loss to the Winnipeg Blue Bombers on Saturday night. It's the fourth straight year Glenn, 35, assumes the No. 1 job from an injured starter after twice replacing Drew Tate in Calgary (2012-13) before making 17 starts last season with the B.C. Lions as Travis Lulay battled shoulder issues.

Durant's injury capped a nightmarish opening week for CFL quarterbacks. The Montreal Alouettes lost starter Jonathan Crompton and backup Dan LeFevour to separate shoulder injuries in their 20-16 home loss to the Ottawa Redblacks while Edmonton No. 1 Mike Reilly is out indefinitely with a knee ailment suffered in a 26-11 defeat Saturday at the hands of the Toronto Argonauts.

LeFevour will require season-ending surgery for the second

straight year. His 2014 campaign with the Hamilton Tiger-Cats was also cut short by a knee injury.

Durant's 2014 season also ended prematurely against Winnipeg. He suffered a season-ending elbow injury in a 30-24 win last July and the Riders went 2-7 the rest of the way with Kerry Joseph, Seth Doege and Tino Sunseri taking snaps.

Joseph retired in the off-season and both Doege and Sunseri were released, although Sunseri could return with Durant's injury. Head coach Corey Chamblin feels the presence of Glenn, in his 15th CFL season, puts Saskatchewan in a much better position to weather the storm created by Durant's absence.

“

It's not career-ending.... it's been proven in pro sports guys can overcome that.

Riders GM Brendan Taman on Darian Durant's torn Achilles tendon

“It's not a situation we haven't seen before,” Chamblin told reporters Monday. “We didn't want it to happen but it has happened ... and we have to move to the next person.”

“The guys rallied around (Glenn), talked to him when he came here about, ‘You're here for either performance or presence.’ We thought it'd be presence but right now it's for performance. This is the third team I've been on that he's been the starting quarterback, that's unique in its own sense. We've had success, Kevin has had success everywhere he's been so I fully expect him to continue doing the same thing here.”

THE CANADIAN PRESS

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MLB Buchholz, Bogaerts help Red Sox past Jays

Clay Buchholz gave up five hits and just one earned run while striking out five through eight innings of work as the Boston Red Sox beat the Toronto Blue Jays 3-1 on Monday at Rogers Centre.

Buchholz (6-6) tossed 96 pitches — 68 for strikes — to outduel Toronto's R.A. Dickey for the victory. Xander Bogaerts had a two-run double for the Red Sox (35-43) and Mookie Betts cashed in on

a single from Brock Holt. Koji Uehara worked a 1-2-3 ninth to earn the save.

Dickey (3-8) went six innings for Toronto, allowing six hits with three walks, three strikeouts and three earned runs. The knuckleballer opened the third inning with a walk to Jackie Bradley Jr. Betts followed with a single and Dickey issued another walk to Holt to load the bases with nobody out.

Bogaerts then took the first pitch he saw over the head of Jose Bautista in right field for a two-run double and the game's first runs.

Dickey got the next three batters to fly out, stranding runners on second and third.

Betts started off the fifth with a triple and Holt sent him home on a bloop single to make it 3-0 Red Sox.

Toronto (41-37) finally got to Buchholz in the bottom of

the sixth inning for its first run of the game.

After opening the inning with a single, Devon Travis moved to second on a fielders choice and then came home on a double from Josh Donaldson.

Liam Hendriks came on in relief for the Blue Jays to start the seventh and retired five in a row before Brett Cecil came in to finish the eighth by striking out David Ortiz.

THE CANADIAN PRESS



Drafting Jack Eichel with the No. 2 overall pick on Friday was just one of several big moves made by Sabres general manager Tim Murray over the weekend. BRUCE BENNETT/GETTY IMAGES

Sabres now centre of attention

NHL

Buffalo has real strength down the middle after draft shakeup

New Buffalo Sabres coach Dan Bylsma had a little argument with general manager Tim Murray about the team's impressive moves at the NHL draft. Let the tempering of expectations begin.

After drafting Jack Eichel and trading for goaltender Robin Lehner and forwards Ryan O'Reilly and Jamie McGinn, the Sabres are a much different, stronger team than they were last season or even last week. The moves Murray made in South Florida should fast-track their progression from the bottom of the NHL.

Ottawa Senators GM Bryan Murray said his nephew's team

sure looks like a playoff team to him. Tim Murray doesn't want that talk quite yet.

"We've changed our team a lot," Tim Murray said Saturday in Sunrise, Fla. "We've improved a lot, but I'm just going to try to get better, a little bit better every day. We think we've done that."

The Sabres don't have to be a playoff team now, but with centre Sam Reinhart and winger Evander Kane added to the talent picked up over the weekend, they're starting to fall into place.

Acquiring Lehner was a must, and the former Senators goalie being 23 years old gives him a chance to blossom into a good or great NHL starter. But trading for O'Reilly from the Colorado Avalanche as part of a blockbuster deal Friday night provides Buffalo with another top centre to go with all-star Zemgus Girgenons, Eichel and Reinhart.

"Down the middle they're real strong right now, they're one of the good teams down the middle," Bryan Murray said Saturday. "That's a strong middle for them, and that's the start of the building of an awful good hockey club." THE CANADIAN PRESS



We've changed our team a lot.

Sabres GM Tim Murray



IN BRIEF

Serena into 2nd round after shaky Wimbledon start

As has become customary for Serena Williams of late, she got off to a rocky start. In her first-round match at Wimbledon on Monday, Williams dropped three of the first four games. She slipped and nearly did the splits, tumbling to the turf.

And, as has also become

customary for Williams, she wound up with a victory.

The No. 1-seeded Williams extended her pursuit of a fourth consecutive major title and her bid for a calendar-year Grand Slam, too, by taking 11 of the last 13 games to beat 113th-ranked qualifier Margarita Gasparyan of Russia 6-4, 6-1.

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RECIPE Milk Chocolate Fudge Cake

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

📧@rosereisman



This delicious yet light cake is a perfect pick for your Canada Day celebrations!

Ready in

Prep time: 15 minutes
Cook time: 25 minutes
Serves: 12

Ingredients

- 1/3 cup milk or semi-sweet chocolate chips
- 1/4 cup hot water
- 1/2 cup packed brown sugar
- 1/2 cup granulated sugar
- 1/3 cup vegetable oil
- 2 eggs
- 2 tsp vanilla extract
- 1/2 cup cocoa powder
- 3/4 cup low-fat sour cream
- 1/4 cup light mayonnaise
- 1 cup all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- ICING:
- 1/2 cup smooth ricotta cheese
- 1/2 cup light cream cheese
- 3/4 cup icing sugar
- 3 Tbsp cocoa powder
- 1 1/2 Tbsp water
- GARNISH:
- Whole strawberries
- Icing sugar
- Melted white chocolate (optional)

Directions

1. Preheat the oven to 350°F. Lightly coat a Bundt pan with cooking spray.
2. Combine the chocolate chips



and hot water in a small bowl. Microwave on High for 30 seconds. Mix until smooth.

3. In a large mixing bowl, combine both sugars, oil, eggs and vanilla with a whisk until smooth. Add the cocoa powder, sour cream, mayonnaise and melted chocolate. Mix until combined. Mix in flour, baking powder and baking soda.

4. To make the icing, purée all the icing ingredients in a food processor until smooth. Ice the top of the cake. Garnish with berries and icing sugar and melted white chocolate, if using.

Nutrition per serving

- Calories 289
- Carbohydrates 36 g
- Fat 12 g
- Cholesterol 33 mg

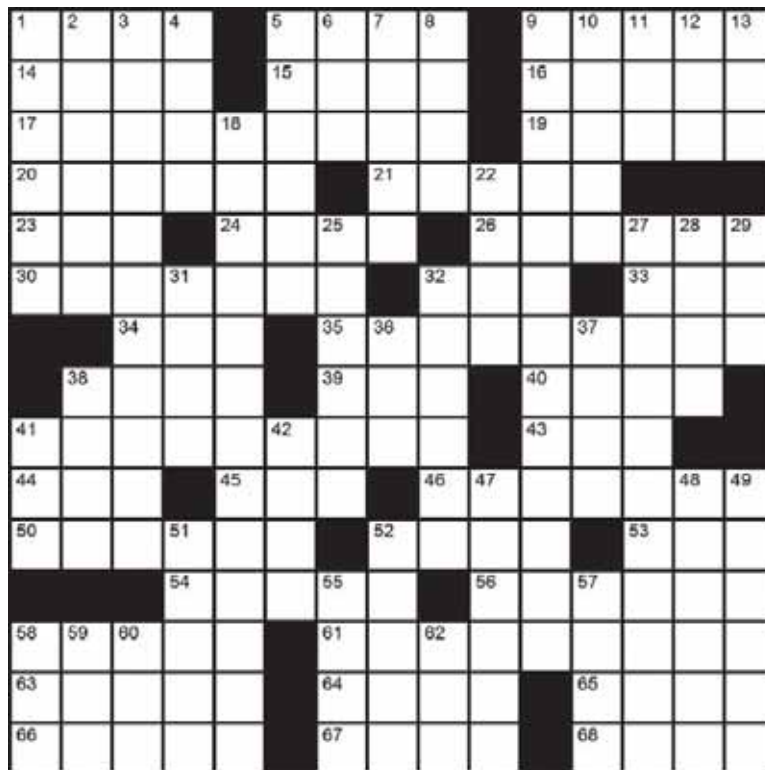
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Cheers!
5. Brendan _ (New Westminster, B.C. born actor)
9. Musical finales
14. By any chance
15. Light bulb meaning
16. Come up
17. Posh area of Montreal
19. SNL part
20. Fix
21. Author Charles' bookish surname
23. Chemical suffix
24. Nero's 53
26. Folk duo, Ian & _
30. Share
32. Mobile buy
33. In use buttons
34. Cereal grass
35. Multi-talented
38. Odd, to a Scot
39. Auction ware
40. Like mesh-like material
41. Ontario village south of North Bay
43. Brother of Shemp
44. "That's _ - Quit - I'm Movin' On" by Sam Cooke
45. "...haw!"
46. Causes
50. Melon variety
52. Peer _ Henrik Ibsen play
53. Services cost
54. Certain coffee
56. Overwhelm with loud noise
58. "Sunset Blvd." (1950) actress



- Nancy
61. Tenders ...tinier
63. Hammer
64. One of Columbus' ships
65. Coastal flier, variantly
66. Tree bits
67. Singe

68. Net balls in tennis

DOWN

1. Do a better job at prepping the gif
2. Brand for which Jennifer Aniston does TV commercials
3. Flightless marine

- bird of prehistoric Canadian waters
4. Mlle. cousin
5. Maurice _ ("Cityline" hair-styles expert)
6. College's web address ending, e.g.
7. Quebec tenor Mr. Prieur (b.1893

- d.1970)
8. Grade
9. Halifax stand-up comedian who hosts her own show on APTN: 2 wds.
10. Bay window
11. Think something is groovy
12. Wynonna's ac-

- tress sis
13. Established
18. Halifax: June 30th - July 7th, 2015... Royal Nova Scotia International Tattoo participants: 2 wds.
22. Ancient Egypt symbols
25. Occupy
27. National Gallery of Canada painting distinguished by its three bold stripes: 3 wds.
28. Internal
29. Character in #52-Across
31. Late: French
32. 'Highway' in a human
36. Unit of energy
37. New Mexico art colony
38. Work _ plan (Brainstorm)
41. As written
42. "If _ now, I'll be too full for supper."
47. Belovedly win over
48. "You _ bother."
49. Has a gut instinct
51. Tag _
52. "Aladdin" (1992) character
55. Large casks for wine
57. Canadian tech expert, Kris _
58. Check a box
59. Volume setting
60. Fashion designer Anna
62. Type of test on "Maury"

★ IT'S ALL IN THE STARS by Sally Brompton

♈ **Aries** March 21 - April 20
There is something you started but failed to finish. You may think you can just forget about it but it won't be that easy — everything in life must ultimately be paid for.

♉ **Taurus** April 21 - May 21
Although you are generally quite placid there are times when you vent to your feelings. Those negative emotions that have been building up must be dealt with.

♊ **Gemini** May 22 - June 21
You will be quite vocal in your condemnation of someone's actions, but before you go accusing them of immoral behaviour remember there are a few skeletons in your own closet you might like to keep hidden!

♊ **Cancer** June 22 - July 23
With Mars in your sign you have the courage to deal with whatever crisis might arise. Don't fear a rival because they have a reputation. You can be a pretty tough nut yourself.

♊ **Leo** July 24 - Aug. 23
The change that is about to take place in your life may result in a lot of uncertainty but the planets indicate that when the dust has settled you will realize that, in the long-term, this is a change which will do you nothing but good.

♊ **Virgo** Aug. 24 - Sept. 23
It is important that you approach people in the right way today. If you come on too strong you may turn colleagues against you.

♊ **Libra** Sept. 24 - Oct. 23
You may feel that you can take on the world and win and to a degree that's true but there are some people it would be wise to avoid. Someone in a position of authority is looking for an excuse to cut you down.

♊ **Scorpio** Oct. 24 - Nov. 22
You would be wise to take care when traveling or engaging in potentially dangerous activities over the next few days. Discussing politics and religion is best avoided too!

♊ **Sagittarius** Nov. 23 - Dec. 21
If you have to say something unpleasant today don't try to sugar coat it. Speak up and let everyone know why you are unhappy — and what they can do to make it better.

♊ **Capricorn** Dec. 22 - Jan. 20
You won't stand for any kind of nonsense today, either in your personal life or at work. You certainly won't let others, be they friends or rivals, piggyback on your success.

♊ **Aquarius** Jan. 21 - Feb. 19
Someone will rub you the wrong way and you could lose your temper in a big way. Be careful you don't take your anger out on someone who may one day be in a position of power.

♊ **Pisces** Feb. 20 - March 20
Some problems can be resolved by hammering them into submission, but the problem you face now requires a more subtle approach. Use brains, not brawn.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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